

CITRUS CHICKEN SALAD WITH CASHEWS

Ingredients	Amount
Chicken, cooked and diced	1 lbs
Bulgur wheat, soaked	½ cup raw
Green onions, sliced	4 each
Mandarin oranges, drained	1 small can
Cashews, rough chop	½ cup
Cottage cheese, low fat	1/3 cup
lemon garlic dressing	1/3 cup

Method:

1. Soak ½ cup of bulgur in ½ cup of water until water is absorbed or bulgur has softened
2. Blend cottage cheese with lemon garlic dressing
3. Mix all ingredients together and refrigerate before serving.

